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Letter to the Editor [Karen Heins]

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Letters to the Editor

The raid on Agriprocessors--Why now? Why not 5 or ten years ago when people were calling in to the INS telling them they needed to get the illegals out?

Good or bad? Probably both. These people are trying to make better lives for their families; but, they should do it legally. They should learn the English language like our forefathers did, and they need to love America and respect our flag and government as any U. S. citizen should,

How do we prevent illegals from being here? I think a solution would be to take all of the welfare recipients in the four county area, who are capable of working and tell them to go to Agri and apply for work. The jobs are there. Fill the positions and there won't be room for illegals.

They'll tell you the jobs are too hard. Tough it out. There is no more welfare because you refused a job. They say it doesn't pay enough. Try it. It it's not enough, the welfare department will make sure you get food stamps, medical aid and fuel aid assistance. Can't afford a babysitter? If your income isn't enough, the state helps pay for babysitters too.

Let us stop enabling the illegals to have jobs to come to.

Sincerely,
Karen Heins
Postville

Letter to the Editor:

I would like to thank everyone who worked so hard and long to make Lull's Walking Path and Park look so good.

Thanks again,
Mary E. P. T. Condo's

To the Editor:

I would like someone at KCRG to know how offended I am at the newscast on KCRG that was a result of the crew that was in Postville on Tuesday May 14. The crew was in Postville all day. The 3 empty business building they chose to show on the newscast..portraying them as being "closed down because of the immigration raid" have been empty for months. The old meat locker building that has boarded windows has been closed for years! I was at work all day on Tuesday May 14th in downtown Postville. There were 2 businesses that were closed that normally are open. One is Sabor Latino Mexican Restaurant. The other business that was not open that probably would have been prior to the raid is the Mexican Clothing store on Greene Street. They have a very well run business that probably will suffer greatly without the immigrants in Postville that are now gone.

Every other business was open and conducting business as usual. Postville has another industrial factory that employs over 300 people. Postville has 3 very thriving construction companies. Two Convenience stores, another gas station. Postville is home to Allamakee Clayton Co Rural Electric Coop that serves a large part of northern Iowa, 2 farm coops, A Ziegler heavy equipment repair shop, a water conditioning business. 3 auto repair businesses, a newspaper, 2 accounting firms, 2 banks, a bakery, a specialty flower and gift shop, at least 5 hair salons, a barbershop, a major farm product distribution company, 2 grocery stores, a vet clinic, a dairy equipment sales and repair business, an electric motor repair shop, 2 plumbing and heating businesses, a very experienced and busy electrician business.

Postville has 2 "open daily restaurants", liquor store/redemption center, 3 insurance sales companies, a hardware store, an appliance sales and service center, 2 full time attorney firms. Postville is home to Upper Explorerland...a 5 county regional office for governmental agencies, RC&D which houses conservation related businesses ,2 medical clinics, a funeral and cremation business.

Are you understanding what I am saying? The newscast yesterday totally portrayed Postville as a small rural town that exists only because of Agri-Processors and the business that comes from 600 immigrants that have located there as a result of Agri-Processors.

That simply is not the truth. Almost all of the above businesses that I have mentioned were in Postville before Agri-Processors and do not rely solely on the immigrant labor force at Agri-Processors to survive.

PLEASE, PLEASE do not make the city of Postville out to be a "GHOSTTOWN". You are only adding to an already very negative view of a city that needs some positivity to get through the most recent events.

I do not live in Postville, but I have worked in Postville for 20 years. I know firsthand how wrong your newscast is. Thank you for taking time to read this. I really hope that as the news manager, you will seriously pay attention to this information.

Becky Monroe

Editor, Postville Herald-Leader,

As a local business owner I want the residents of Postville to know how proud I am to live and work in our town.

Last Monday, when residents (up to 250 people) ended up taking refuge in St. Bridget's Catholic Church, there was an immediate need for food, diapers, and supplies. The community was over-whelming in its' positive response.

My office collected \$1146.54 from local businesses and their employees in town. We spent &982.87 locally on food and supplies and donated the remaining \$163.67 directly to the church fund that has since been set up for this cause.

Ross Malcom and Larry Moore were highly instrumental in collecting additional funds for the local families in need and providing other essential services.

In addition, I would like to personally thank my entire staff, Sally Bacon, Shauna Horns, Annette Kriener and Becky Meyer for shopping, delivering and boosting morale the entire week. Our town has been a shining example of diverse people pulling together to help those in need.

Amy Tamar Dickel, State Farm Insurance

Shop wisely for healthy, affordable foods; stay well while saving cash

by Sarah Brainard Marsh
Health Columnist

While "up" is a good thing for airplanes, roller coasters, runs scored, and a sunrise, the same does not apply to the up, up, up of food and gas prices. While you may know that eating lots of fruits, vegetables, and whole grains are good for your body and long-term health, it is getting harder and harder to afford these healthy and essential additions to your grocery cart. Rutgers University recently put together a list of ways to save money while at the grocery store. Below, these tips are combined with ways to squeeze the most nutrition out of food to help keep your cart full of nutrition for you and your family without emptying the pocketbook.

Tip #1: Go easy on highly processed foods in expensive packaging. While pre-packed items can be nutritious, buying the basics and adding your own additions can be healthier and cheaper. For example, take Raisin Bran, a high fiber, high nutrition breakfast cereal. Purchasing and mixing plain bran flakes and un-sugared raisins creates the same cereal with less sugar for less money. Even adding a teaspoon of table sugar or honey will leave cut your sugar intake drastically. Also, try store brands for necessities such as cereal, juice, and canned fruits and vegetables. The taste and quality is often the same but costs less.

Tip#2: Cruise through your fridge daily. This will allow you to use items before they expire or rot. One of the main concerns about purchasing fresh fruits and vegetables (as well as other healthy perishables such as milk, eggs, and bread) is that they often spoil before you are able to use them, equaling wasted money and food. Fruits and vegetables quickly begin to lose nutrient content after being picked. Therefore, the sooner they are eaten, the healthier they are. Another way to be sure to get all the nutrients you pay for is to purchase frozen vegetables or to freeze produce yourself. Pre-packaged frozen fruits and vegetables are quickly frozen after picking to maintain a high amount of nutri-

ents. When freezing your own produce, be sure to follow the same procedure. Freeze your loaf of whole-wheat bread and thaw as needed, and always check the dates on milk and eggs to purchase the freshest and longest lasting products.

Tip #3: Bring lunches and snacks to work. Not only will this save money on restaurant bills, but will also save on excess calories. Bringing food from home will allow you to know exactly what you are eating and make it easy to avoid the temptation of unhealthy items at restaurants. Be sure to pack high protein and high fiber items such as whole-wheat wraps filled with turkey or chicken, and a container of yogurt or cottage cheese. This will keep you feeling full through the day. Pack fruits and vegetables for snacks so they don't go bad in the refrigerator at home.

Tip #4: Go Meatless.

Plan to eat one to two meals each week that do not include meat. While many meat dishes can be nutritious and full of healthy protein, research shows that diets high in red meat are linked to health risks such as certain types of cancer and heart disease. Planning a meal around vegetables will allow you to increase vegetable intake. Enjoy a vegetable based soup such as gazpacho in the summer, have a baked potato with vegetable toppings, or have "breakfast" for supper once a week with fruit and yogurt parfaits, and hash browns with peppers. As a true Midwesterner, you may find it hard to adapt to focusing a meal around vegetables, but taking smaller steps such as eating heart-healthy fish at least once a week, or enjoying an egg as an omelet or egg sandwich can make it feasible for all.

Tip#5: Find your green thumb. Relating to last

week's article, growing your own produce is significantly cheaper than buying it from the store. If your black thumb has no hope of changing colors, visit your local Farmer's Market or get in touch with a neighbor who has extra rhubarb, asparagus, or other produce when in season. Farmer's Markets are great for hard to grow items, and produce is often picked that day ensuring high nutrient content. Check with produce farmers at the market for "uglies" (produce that is blemished or unshapely) usually sold at a lower price. There are many other "do it yourself" foods that can save money: homemade breads, hand baked sweet-treats, granola cereals, yogurt, salsa, salad dressings, and even homemade ice cream can be made low-fat and full of calcium. Use a low-fat cookbook for ideas on healthy substitutions.

For the complete list of

money saving grocery store tips visit <http://njaes.rutgers.edu/health>. As many prices soar to record highs, keep yourself and your family healthy from the inside out by making nutritious foods affordable with a few adaptations to shopping and cooking. Gathering with friends and family this weekend? Put all your good food knowledge into practice and prepare healthy and delicious foods to share!



Sarah Brainard Marsh

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AGE 16

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OCCUPATION:
HIGH SCHOOL
STUDENT/FATHER

DREAMS:
?

69% of teens agree it would be much easier to postpone sexual activity and teen pregnancy if they were able to have open, honest conversations with their parents.* What are you waiting for? Talk often and be direct about sex, love and relationships. They'll listen. And, they want to hear from you. Nothing is more important than your teen's future.

For tips on how to talk to your kids about sex, please visit www.teenpregnancy.org

IT'S FOR REAL TEEN PREGNANCY

Brought to you by the Iowa Department of Human Services
*From: Health, What Parents Need to Know and Do to Help Prevent Teen Pregnancy The National Campaign to Prevent Teen Pregnancy Downloadable PDF printed on www.teenpregnancy.org

Put it on your "to do" list:
 Dinner conversation with my teen tonight.

For more information on how to talk about teen pregnancy, contact
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